



# fastNOTES

Spring Into A Better Commute

Spring 2014

QUARTERLY NEWSLETTER

IN THIS ISSUE

## Distracted Driving

Commit To A Distraction Free Commute With Transit

As people on the move, we are constantly faced with distractions. Coping with many work and home distractions is as easy as taking a few deep breaths or stepping away from the desk. But maintaining a distraction-free environment becomes increasingly difficult behind the wheel.

### Driving Distracted is Common

The National Highway Traffic Safety Administration estimates that drivers are distracted by secondary activities 30% of the time while driving. And, according to a study released by the National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute (VTTI), 80% of crashes and 65% of near-crashes involve some form of driver distraction that reduces driving safety. These distractions can take many forms, including cognitive, auditory, visual, and biomechanical. But changing the radio station or eating breakfast during your commute isn't the only thing that affects your ability to drive. Quality of sleep,

emotional state of mind, weather, and numerous other factors contribute to a distraction-ridden commute.

### Frederick Has Options

Why not ensure the safety of yourself and other passengers by using public transportation? Many options are more efficient and less expensive than driving alone and are available even in more rural locations in Frederick County! Ridesharing, bikes, buses, trains, and shuttles are all accessible in our area!

### Public Transportation Costs Less

Using public transportation provides a safe, inexpensive, and reliable method of transportation to and from work, school, and many extracurricular activities throughout the city of Frederick. TransIT Services of Frederick County encourages you to learn more about these options at [frederickcountymd.gov/transit/](http://frederickcountymd.gov/transit/)

Distraction free commuting is possible with public transportation!



### Park & Ride Updates

SHA designing approximately 400-space lot to include local and commuter bus accommodations...

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### FREE Rides on Earth Day

By carpooling just twice a week, 1,600 pounds of greenhouse gases can be kept out of the air each year.

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# Free Rides on Earth Day

Walk, Bike, Vanpool, Carpool, or Ride FREE with TransIT!

Tuesday, April 22, 2013, TransIT will observe Earth Day by providing **FREE** rides on the Connector and Shuttle routes. Riding public transportation is one of the easiest ways to save energy, help the environment and reduce traffic congestion!

Public transportation systems and car/vanpoolers play a vital role in creating a healthier environment by reducing smog-producing pollutants and greenhouse gases.

Join the millions of Americans doing their part to improve the environment and ride transit or car/vanpool instead of driving on Tuesday April 22<sup>nd</sup>!

## Did You Know?

- Public transportation provides personal mobility and freedom for people from every walk of life.
- If you add at least one carpooler whom you split costs with, it may

add 5-10 minutes onto your drive time but will reduce your bills and expenses by half; adding more people means even more savings.

- By carpooling just twice a week, 1,600 pounds of greenhouse gases can be kept out of the air each year.
- If 100 people were to take advantage of the carpool option every day, more than of 1,320 pounds of carbon monoxide and 2,376,000 pounds of carbon dioxide could be removed from the air.
- The average household spends 16 cents of every dollar on transportation 94% of this goes to buying, maintaining, and operating cars, *the largest expenditure after housing*.
- Households near public transit drive an average of 4,400 fewer miles than households with no

access to public transit. This equates to an individual household reduction of 223 gallons per year.

- Public transit is a vital link for the more than 51 million Americans with disabilities.
- Nationwide, people board public transportation more than thirty-five (35) million times each weekday.

DON'T LET THIS BE YOU:

**AN AVERAGE  
AMERICAN SPENDS 40  
HOURS EACH YEAR  
STUCK IN TRAFFIC**



## May is Clean Commute Month

Clean Your Commute daily!

"For residents and commuters through Maryland, a large number of programs, services, and events exist to help reduce the impact of commuting. The month of May has been designated Clean Commute Month. Although promotional events occur in May, every month is a good time to evaluate your commuting habits to reduce expenses, emissions, and time." – Department of the Environment, MDE.Maryland.gov

This designation takes place in May because air quality is negatively impacted during summer months!

### Smoking Vehicle Alerts

You can submit information on a vehicle that you consider to have too much smoke emitting from it! Too much smoke usually indicates problems with the vehicle which negatively affect the environment. This is especially important during summer months when ozone level qualities are worse.

Visit the MD Department of the Environment at [www.mdemaryland.gov](http://www.mdemaryland.gov) and click "air and radiation" to report a vehicle. All information collected is confidential.

## HEADING 4



## TransIT Connects to Park & Rides

Use the Meet-The-Marc shuttles or the MTA 991 to access numerous park and rides across the county!

\*photo courtesy of thegazette.com

## FAST FACTS

# 89%

Of Park and Rides are free to use

# 25%

The amount of Park and Rides that have bicycling facilities

## FOR MORE INFORMATION

For more information on park and rides and commuter assistance, visit:

[WWW.COMMUTERCONNECTIONS.ORG](http://WWW.COMMUTERCONNECTIONS.ORG)



Find more information on Frederick Park and Rides at [www.frederickcountymd.gov/transit](http://www.frederickcountymd.gov/transit)

## Park & Ride Updates

Frederick County's parking options are getting a face lift!

Frederick County, MD has numerous park and rides that service area commuters. Many of these park and rides are serviced by TransIT and MTA Commuter buses to make traveling out-of-area to work easier and more affordable. Please note the following updates:

### Emmitsburg

SHA designing 100-space lot, US 15 at MD 140

Transit accommodation not yet determined

Design initiation anticipated spring 2014

### Monocacy

SHA designing approximately 400-space lot to include local and commuter bus accommodations

Advertisement for construction (in conjunction with overall US 15 at Monocacy Blvd interchange project) anticipated spring 2014

### Myersville

SHA constructing 100 spaces (in addition to 65 existing)

Served by MTA 991 commuter bus (future MTA 505 commuter bus)

Necessary right-of-way acquired

Advertised for construction November 2013

### New Market

SHA constructing 50 spaces (in addition to 50 existing)

Advertisement for construction anticipated spring 2014



# Vanpool Openings

Openings change frequently: Call 301-600-3543 or email [TransitRideshare@frederickcountymd.gov](mailto:TransitRideshare@frederickcountymd.gov)

## Washington, D.C.

**Destination:** D.C.

**Departing:** Charles Town Staples 4:40 a.m.  
Stops at Smithsonian Metro 6 a.m.,  
L'Enfant 6:05. Return meets at USDA Arc= (12th &  
Independ.) Drive off time is 3:40 p.m.

**Work Hours:** 6:00 a.m. to 3:30 p.m.

**Contact:** Scott Hollis (202) 690-2424  
Tarvin Greene (202) 372-3807

**E-mail:** [Scott.Hollis@nass.usda.gov](mailto:Scott.Hollis@nass.usda.gov)

[Tarvin.T.Greene@hq.dhs.gov](mailto:Tarvin.T.Greene@hq.dhs.gov)

### Monthly Fee \$220

**Destination:** D.C.

**Departing:** Jefferson, MD, Fire Hall Park & Ride (Rt 340)  
5:00 a.m.; Drops at Smithsonian Metro 6 a.m.,  
L'Enfant 6:05 a.m.

Return meets at USDA Arch 12th & Indep, SW  
Drive off 3:40 p.m.

**Work Hours:** 6:00 a.m. to 3:30 p.m.

**Contact:** Scott Hollis (202) 690-2424

**E-mail:** [Scott.Hollis@nass.usda.gov](mailto:Scott.Hollis@nass.usda.gov)

### Monthly Fee \$200

**Destination:** Downtown D.C.

**Departing:** Martinsburg, WV 4:30 a.m.; Charlestown 4:45.

Stops at 19th & E, 15th & K, 12th & Indep,  
7th & Indep, 500 N. Cap, 12th & Constitution

**Work Hours:** 6:15 a.m. - 3:45 p.m.

**Contact:** Gregg (304) 671-6620

**Destination:** Downtown D.C. SW

**Departing:** WalMart (Monocacy location) 4:40 a.m.

Stops at Main Treasury, Ronald Reagan  
South Bldg, 901 D Street 5:25 a.m.

**Work Hours:** Departs South Bldg 3:50 p.m.; arrives Fred 5:15

**Contact:** [Alice Thaler \(301\) 898-5521](tel:3018985521)

**Destination:** Washington Navy Yard

**Departing:** Sam's Club 5:25 a.m. Urbana P&R 5:35 a.m.

**Work Hours:** 6:30 a.m. - 4:00 p.m.

**Contact:** Steve Kieffer (301) 712-5692; (202) 781-1301  
[SEKEY4@GMAIL.COM](mailto:SEKEY4@GMAIL.COM)

## Washington, D.C.

**Destination:** Downtown D.C.

**Departing:** AM: Frederick, MD 5:20 (Monocacy Station),  
Stops in Clarksburg and Rockville  
arrives James Creek Marina (CGHQ) 6:30  
PM: CGHQ 3:30 p.m.; same stops  
arrives Frederick 5:00 ish  
USCG 6:30 a.m. – 3:30 p.m.

**Work Hours:** USCG 6:30 a.m. – 3:30 p.m.

**Contact:** John Moynihan (202) 372-3717;  
(301) 371-5478

**E-mail:** [John@cowjumpmoon.com](mailto:John@cowjumpmoon.com)

13 passenger Sprinter van with individual hi-back/reclining seats w/armrests.  
WMATA registered van/accepts Smart Benefits. \$230/ month. \$0 out-of-  
pocket cost for those with metro benefits! WMATA registered van/accepts  
Smart Benefits. Courtesy/no obligation "try out" rides available.

## Northern Virginia

**Destination:** Crystal City-Rosslyn

**Departing:** Walkersville 4:55 am., Monocacy Station (behind  
Target) 5:15 am, Urbana 5:25 am

**Work Hours:** 6:30 a.m. - 4:00 p.m.

**Contact:** Raymond Price (703) 605-2890, (301) 845-6465

**E-mail:** [raymond.price@gsa.gov](mailto:raymond.price@gsa.gov)

**Destination:** Crystal City and Pentagon

**Departing:** Urbana 5:20 a.m. sharp

**Work Hours:** 6:15 a.m. to 3:45 p.m.

**Contact:** Jeff Dawson

**Phone:** W: (703) 305-7329 C:(301) 676-5956

**Email:** [dawson.jeff@epa.gov](mailto:dawson.jeff@epa.gov)

**Destination:** Alexandria (Eisenhower Ave.)

**Departing:** Urbana P&R 5:25 a.m.

**Work Hours:** 6:30 a.m. - 4:00 p.m.

**Contact:** Kery Fries, (571) 272-7757

**E-mail:** [kery.fries@uspto.gov](mailto:kery.fries@uspto.gov)

**Destination:** Pentagon 6:15 am; Crystal City 6:30 am

**Departing:** 9th Street, Frederick @ 5:10 a.m.; Urbana P&R 5:25

**Work Hours:** 6:30 a.m. - 4:00 p.m.

**Contact:** Scott Robertson, (703) 589-2677

**Email:** [scott.robertson@gsa.gov](mailto:scott.robertson@gsa.gov)

# Vanpool Openings

Openings change frequently: Call 301-600-3543 or email [TransitRideshare@frederickcountymd.gov](mailto:TransitRideshare@frederickcountymd.gov)

## Northern Virginia, (continued)

**Destination:** Westpark Dr/Tyson's McLean Dr, McLean VA

**Departing:** Urbana park & Ride at 5:30 a.m.; First Stop is Westpark Dr. @ 6:15 a.m./Final Stop Tysons McLean Dr. @ 6:25 a.m.

**Work Hours:** 6:30 a.m.— 4 p.m.

**Contact:** Stephanie F. (240) 344-3389

## Montgomery County, Maryland

**Destination:** NIST (Gaithersburg)

**Departing:** Thurmont Vet Clinic/Boundary Ave. 5:00 am Rte 26 Wal-Mart 5:20 am

**Work Hours:** 6:00 a.m. - 5:30 p.m.

**Contact:** Kathy Ritchie, (301) 975-6999  
[kathryn.ritchie@nist.gov](mailto:kathryn.ritchie@nist.gov)

**Destination:** Naval Surface Warfare Ctr, Bethesda

**Departing:** Urbana P&R 5:15 a.m.

**Work Hours:** 6:00 a.m. - 3:30 p.m.

**Contact:** Ronald Miller (301) 227-2059  
[ronald.w.miller@navy.mil](mailto:ronald.w.miller@navy.mil)

**Destination:** NIH

**Departing:** Bottom Dollar Store at New Design/Crestwood, Frederick 6 a.m.

**Work Hours:** 7:30 a.m. - 4 p.m.

**Contact:** Ajay Sharma (301) 594-6977  
[sharmaa@mail.nih.gov](mailto:sharmaa@mail.nih.gov)

Subsidized for NIH Employees; once a week driving!

**Destination:** FDA White Oak Campus(Silver Spring)

**Departing:** Urbana Pike P&R, 7:00 a.m.

**Work Hours:** 8:30 a.m. -5:00 p.m.

**Contact:** Amalia Himaya (301) 796-3391

**Email:** [amalia.himaya@fda.hss.gov](mailto:amalia.himaya@fda.hss.gov)

## Montgomery County, Maryland

**Destination:** NIST (Gaithersburg)

**Departing:** Thurmont Exxon 5 a.m., Rte 26 Wal-Mart, 5:20

**Work Hours:** 6:30 a.m. - 5 p.m.

**Contact:** Kathy Ritchie, (301) 975-6960  
[kathryn.ritchie@nist.gov](mailto:kathryn.ritchie@nist.gov)

**Destination:** Naval Surface Warfare Center, Carderock

**Departing:** Hagerstown P&R 4:45 a.m. Urbana P&R 5:15

**Work Hours:** 6:00 a.m. - 3:30 p.m.

**Contact:** Charles Kelly, (301) 227-5154  
[charles.m.kelly@navy.mil](mailto:charles.m.kelly@navy.mil)

**Destination:** NIH, Bethesda

**Departing:** Trinity UMChurch W. Patrick St., Fred, 5:45 a.m.

**Work Hours:** 7a.m. - 4:30 p.m. Depart NIH at 4:30 p.m.

**Contact:** Lauren Sikes (301) 496-9714

**E-mail:** [sikesl@mail.nih.gov](mailto:sikesl@mail.nih.gov)

Two vacancies: driver and/or rider

**Destination:** FDA White Oak Campus(Silver Spring)

**Departing:** New Market, Food Lion Parking Lot (near corner of Route 75 and 144, 4:45 a.m.)

**Work Hours:** 8:00 a.m. -4:30 p.m.

**Contact:** Owen Farris, (301)-6356

**Email:** [Owen.Farris@fda.hhs.gov](mailto:Owen.Farris@fda.hhs.gov)

## Baltimore, Maryland

**Destination:** BWI Corridor

**Departing:** Frederick County TBD

**Work Hours:** 8:00 a.m. -4:30 p.m.

**Contact:** Dotty Dalphon (301)-8255

**Email:** [ddalphon@bwipartner.org](mailto:ddalphon@bwipartner.org)

Monthly Fee \$206

# fastNOTES

## Spring Into A Better Commute

Transit Services of Frederick County  
1040 Rocky Springs Rd.  
Frederick, MD 21702

[Addressee]  
[Street Address]  
[City, ST ZIP Code]

## frederick county GOES TO WORK

20.6%

TRAVEL 60+ MINUTES

38.5%

LEAVE BEFORE 7:00AM

## method of TRANSPORTATION

DRIVE ALONE

77.6%

CARPOOL

11.7%

PUBLIC TRANSPORTATION

2.4%



 **travel TIME**

CLEAN YOUR COMMUTE WITH RESOURCES FROM  
**TRANSIT**  
WWW.FREDERICKCOUNTYMD.GOV/TRANSIT